

THE DAGLIGTALE

The Augustana Faculty, University of Alberta Student Newspaper

January 2012

Issue 4



In this issue:

Page 2:

**Submission: Women as Sex Objects
Tips for First Time Renters**

Page 3:

Book Review: *Getting Naked*

Page 4:

**Vikings Exhibition Game
Safety Tips for Students**

Page 5:

CD Review: *Bandaid's LetItOut!*

Page 6:

**Sleeping Around: Augustana Students Overseas—
Ireland and Germany**

Page 7:

Sleeping Around: Germany ctd. and Italy

Page 8:

Events Calendar

The ASA is conducting a referendum and would like to hear from you! Submit your anecdotes, opinions and pictures to
Carlo Martin:
asapres@ualberta.ca.

Athletics has not yet published a calendar, therefore we have not included it on the back page. Please go to:
www.augustana.ualberta.ca/athletics/schedule.html



Ireland History Trip: (from left to right) Jennette Miller, Robert Nicks, Ashley Olsvik, Ashley Davis, Amanda Kuschminder, Paige Fairall, Stephanie Grublike, and Emily Merklinger. The statue in the background is Oliver Goldsmith, author of "the Deserted Village". See page 6 for full article.

We're back!

Robyn Sheremeta & Kelly Milne DAG EDITORS

Ah, the beginning of another school year at Augustana, which heralds the beginning of another (hopefully) successful year for *The Dagligtale*. To those of you who are new, and to those who are just picking up *The Dag* for the first time: welcome! We aim to make *The Dagligtale* Augustana's most reliable and popular source for campus and municipal news. With that being said, we also urge students, staff, and faculty to submit articles, photos, letters, and poetry to us whenever their hearts desire. One of *The Dagligtale*'s goals this year is to increase discourse and conversation between the different social groups at Augustana, and offer up *The Dagligtale* as a medium for any discourse that should occur.

Last year we received several thought-provoking and interesting letters to the editor, staff and student submissions, and articles that sparked many a conversation in the Forum and hallways. From outrage, to interest, to admiration, our submissions are welcome. We fondly said farewell to Emily Merklinger, and bid hello to Robyn Sheremeta as the new co-editor. Kelly will continue to inhabit the dungeon. Last year's articles included campus events, live music concerts, municipal news and August, but North Campus had its fair share of breaking news. In the early hours of June 15, four armoured car company employees were shot at HUB Mall by their co-worker, Travis Baumgartner. We send our condolences to the families involved, and are thankful that Matthew Schuman woke from his medically-induced coma. If you check the Overheard at the University of Alberta Facebook page, there is a lengthy student discussion from June if you would like to engage in that conversation.

Further condolences to the family of Isaac Kornelsen, a North Campus student, who was hit by a cement truck while cycling down Whyte Ave on August 27. We would like to congratulate Jonathon and Joelle Skinner on their nuptials. Best wishes for the year to come!

The community of Augustana is as strong as ever, and we encourage everyone to lend a hand of support to one another as we begin this year. Whether you're a returning student, fresh out of high school, a transfer student, or a staff member, everyone can use a little encouragement to help meet his or her goals for the year. Back-to-school excitement is beginning to buzz, and here at the Dag, we are excited to share another year with you!

Further condolences to the family of Isaac Kornelsen, a North Campus student, who was hit by a cement truck while cycling down Whyte Ave on August 27. We would like to congratulate Jonathon and Joelle Skinner on their nuptials. Best wishes for the year to come!

The community of Augustana is as strong as ever, and we encourage everyone to lend a hand of support to one another as we begin this year. Whether you're a returning student, fresh out of high school, a transfer student, or a staff member, everyone can use a little encouragement to help meet his or her goals for the year. Back-to-school excitement is beginning to buzz, and here at the Dag, we are excited to share another year with you!



Sex Objects: Boobs (or lack thereof) after breast cancer surgery Raymond Shepley SUBMISSION

I struggled with how to write this article. On the one hand I'm a male feminist. On the other I'm a male with breast cancer. I think many guys may see humour in this; serves me right for sympathizing with women. What I've found from many women though is the opposite – compassion, understanding, and tenderness.

First I'll cover some background. I discovered I had breast cancer in July of this year when my left nipple became deformed like an orange peel. There had been a lump in my breast since about Christmas but I put it down to an injury I received while working in construction the previous summer. A nurse I know examined it late last year and said I should go to The Breast Centre for a mammogram. I said, yeah right, and hardly thought more seriously of it.

After surgery in early August I attended Healing Connections at the Misericordia Hospital in Edmonton. This is a unique program is designed for women with breast cancer and one which I enjoyed attending. One of the aspects of the group is a sharing time when we introduce ourselves and talk about our experiences with breast cancer. To the women I was the token guy, yet I was given equal access to everything the program had to offer. We were often addressed as ladies and I was accepted as just one of the girls. Being a male feminist however, I often felt compelled to point out that males should be addressed as males and not as females... a prime example of gender bias in the program.

The women in such groups understandably de-

velop a strong emotional camaraderie. One woman said by way of example, "I'll show you mine if you show me yours." This generally referred to showing their mastectomy scars, but likely encompassed lumpectomies. The difference is that mastectomy removes the entire breast, and lumpectomies have the breast skin and nipple remain intact. So of course I piped in with asking if that included guys. If there's one thing which breast cancer accomplishes between men and women is that it makes us equal. Take away the prostheses and we both have a large scar with no breast.

So why my struggle with this article? As a male feminist I support women in areas of equality with men which includes respect, identity, integrity, intellect, sex, social, emotional, family, athletic, academic, workplace, and spiritual aspects. But something I discovered in one of the group sharing times gave me pause and now I have some hard questions to ask of Feminism.

Two women out of about thirty in the group said they were glad to be rid of their "boobs". They were just lumps of fat which didn't serve any useful purpose. For me, I don't like losing any part of my body and I just naturally thought women would feel the same. Don't get me wrong, I was just as glad as they were to be rid of a lump of cancer. My breast needed to come out with the cancer, but I would have kept my breast if I could have.

After some talk around the table it became clear that a number of women perceived their breasts as objects. For those of you who need a defi-

nition: an object is a depersonalized form of a thing. In the subjective, personalized sense I'm Ray. But in the objective, depersonalized sense I'm a male human being.

Mel is a young biking/hiking friend of mine who has recently graduated from university. I think she represents a lot of young women when she says,

"...[partners can] separate sex with the woman from the woman herself. It would make no difference if it was another woman they were doing it with, I don't even know if they'd even notice much. So that's what the women mean when they complain about being treated like sex objects. And if their boobs are partly to blame for guys treating them like sex objects and separating them from sex with them, then it's understandable that they don't mind not having their boobs any more. And if guys still want to have sex with them after that, maybe they feel more assured that the guy is having sex with her, woman, and not only with her body."

Now the problem I've found is that many women also see their breasts as "boobs" – as objects. Going by the Formal Night bash last year many of the female students who went out displayed their boobs prominently, likely with the expectation of sexual gratification by the end of the night. I'm not making a moral statement here, but think about it. How many of these women will later in their lives see their breasts as discardable objects when they've lost their firmness? And how many of these will be glad to be rid of them if they develop breast cancer?

If Mel is right, which I think she mostly is, then this is a sad situation for both sexes. Of course it's hard for young women to see how the future may develop. When will men sexually mature and accept that a woman's breast is just as much a part of her unique makeup of a woman as her personality, mind and emotions? But equally so, when will women stop perceiving or using their breasts as "boobs"? Does it depend on a man treating her as a full woman rather than as a woman with sexual

objects? If so this requirement makes women dependent on men for their identity, for better or for worse. As a male feminist I don't like that dependence, although I understand it.

Feminism has been around for quite a few years and yet what I see is that many younger women are virtually equal with many younger men in sexual immaturity. Is this the equality which Feminism has achieved? Or has Feminism simply been ineffective in promoting sexual well-being and maturity in both sexes in the face of the overwhelming influence of the popular media?

(Orange peeling in a nipple is generally an indication of stage 3 breast cancer, with an almost certain indication of stage 4. Stage 3 means the cancer has spread outside the milk duct into surrounding tissue and stage 4 means cancer has gone throughout the system into other major organs. In my case, the cancer had spread to 15 of 19 removed lymph nodes. Needless to say I've been fast-tracked and am due to start chemo mid September.)



Becoming a Legitimate Adult: 6 Tips for First Time Renters Kirsten Alanna SUBMISSION

For students branching out into the unknown world of renting for the first time, there are a lot of things that you just don't know. Unfortunately, I learnt the hard way that not knowing any better isn't an excuse and can be used to your disadvantage.

This past summer was my first ever experience with the entire renting process. Looking back, I wish I had a 'what not to do under any circumstances' guide for renting. Not only did I move from a different province, but I had to find a place to live in a short amount of time. I rushed into it – moving into the first and only place that I looked at.

This year Augustana is expecting approximately 1,000 students, roughly half of which intend to live off campus. With such a high number of students seeking off campus housing,

hunting for a rental can be stressful, and finding a suitable property even more so.

Although my experience as a first time tenant was as successful as an accident prone teenager going through a growth spurt and forced to navigate an obstacle course in the dark, I've been able to learn from my mistakes and hopefully you might as well.

Tip 1: Utilize printed resources such as Camrose's newspapers to find rentals. Using Kijiji and other similar online websites can be tempting, but not every landlord or building manager is that tech savvy. The majority of rental property listings are found in newspapers, flyers or through property management agencies, such as Camrose based Mid-City Property Management. Although it can be frustrating and feel near to impos-

sible to find an apartment within your budget, it can be done. The ASA also provides an off-campus housing list for students.

Tip 2: After finding a place, don't look at it through rose coloured glasses. Every rental property has its flaws. Ask questions about laundry, utilities, heat, parking and water. Why did the previous tenants move? Read the lease carefully and mindfully. Be sure to clarify the contract—the landlord might have a different understanding of it. Just because you're an English major or an aspiring lawyer doesn't mean your comprehension of the contract is perfect. It's okay to ask advice from those more experienced such as parents, family or friends. When going through your inspection, be detailed and take pictures.

Tip 3: Maintain a profes-

sional relationship with your landlords. Even if he or she is the nicest person you've ever met, don't cross the professional relationship line. If things go bad, you don't want to lose a friend as well as your house.

Tip 4: Finding damages such as water leaks or mold after you move in is serious. Don't try to take care of it yourself. Be informed. Alberta Health Services has a specific set of guidelines landlords are required to follow. Wiping mold down with bleach is not acceptable nor is it safe! Photograph any damage and notify your landlord immediately. When in doubt of your rights as a tenant, contact the Landlord and Tenant Advisory Board and they can offer advice to what the best course of action would be as well as offer further contact information.

Tip 5: Keep all copies of your lease, inspection report, receipts and documents. This may seem like a no-brainer, but you'd be surprised by how many people don't do this.

Tip 6: Always try to leave the apartment or suite in better condition than you found it. Remember that past landlords are often contacted as references when trying to obtain new properties.

Whether you live on campus now or if you're looking for off campus accommodations, it's important to start learning about the process now. Create a monthly budget and start asking the questions. Don't let being a first time tenant intimidate you. Instead, own who you are as you set out on your quest for independence and personal responsibility.

Book Review: *Getting Naked*

Kelly Milne DAG EDITOR

Are you seeking love? Are you self-conscious? Are you sick of hooking up or getting rejected? Then this review is for you!

In Harlan Cohen's second book, *Getting Naked: five steps to finding the love of your life (while fully clothed and totally sober)*, he outlines the problems with finding love that he has observed as an advice columnist, and gives you a 5-step solution.

Step One: Embrace the Secret Truth

The Universal Rejection Truth of Dating and Relationships states that thousands of people will love you, but millions will not. If you cannot accept that, you have a long way to go. It makes sense when you think about it. According to the World Bank, there were 6,973,738,433 people on Earth in 2011. You really think only one of them is a great match for you? Think again. We live in a world of options, thus you have many soul-mates, some will just be better than others. To go about meeting them, Cohen says you have to put yourself in rooms while there is daylight. Now, it is easy to find people to hook up with in rooms, but if you want it to last you need to:

- Make real conversation: "Hi my name is Kelly, what's yours? Do you like this Gouda? Do you like Florence and the Machine?"
- Have self-confidence (which is sexy): Think "What do I want?" Not "I need you to want me and only think good things about me!" (pg. 48)
- Have self-respect: If offended, explain that it is unacceptable. If it happens again, hit the road jack!
- Know how you got there, both literally and mentally

Cohen points out that honesty and discussion are key elements to finding a partner, as well as leaving one. Honesty sounds like this: "I don't feel that way for you anymore". Cruelly sounds like this: "I was going to break up with you anyway, so I slept with your roommate". Use your vocal chords to tell people how you feel about them – texting and silence do not work in the long term. Respecting each other's choices will.

If you embrace the URT now, Cohen urges, you will

not end up at a class reunion telling your crush how much you liked them, only to hear that they liked you, and then introduce each other to your spouses.

Step Two: Train in Your Thong(s)

In this section, Cohen discusses self-confidence and the idea that you are only ready to love someone when you love and accept yourself – especially while wearing just a thong. "Naked... can be liberating. A thong just makes stuff hang out" (pg. 69). He advises that you "change what you don't love, love what you can't change" (pg. 77). If you are honest about your own issues, it enables others to open up to you about theirs. Obviously this is within reason – if you constantly are dwelling on a problem, a potential partner will highlight it out of there. Give each other equal attention, and don't play games.

Cohen calls this your training, and men, you can complement it with Mel Gibson's *What Women Want*. Not only does your self-image need to be strong, but also your life's interests. Have people and activities in your life other than just the person you love. If that person dislikes you having people in your corner and interests unrelated to them, they are trying to manipulate and control you. Is that who you want as a partner?

Hating or hiding, a.k.a. fight or flight, do not help you overcome bad relationships. It can make you bitter or even less confident about yourself. If you do need to break up with someone full of negativity, take time to recharge. Cry and eat ice cream for a day, if that is what you are into, but then get out into the world! Join a pottery class, learn an instrument, become a gymnast. At first it may feel like you are distracting yourself, but when you find an activity you love, it will actually boost your relationship resume.

Dating as a means to the relationship end is far less of a headache than hooking up is, and requires the same amount of time and effort. If you want advice on accepting yourself, then this section is for you! Men especially, flip to page 66 for some humorous advice.

Step 3: Stop Making Excuses

Does one of these apply to you? Read this section for his advice.

- I'm too shy
- I'm bad at conversation
- I'm old-fashioned and don't approach men
- It's hard to meet people
- I don't want to seem creepy
- I don't know if they are single
- I don't want to lose their friendship
- I don't do online dating
- I don't do setups
- I have little to no experience
- I don't want to hurt someone
- I don't like dating
- I don't like playing games
- I don't want to get hurt
- I don't want to commit
- I don't have the time
- I'm too picky
- I don't do long distance
- I would lose my job

Cohen's advice in a nutshell: Don't make assumptions. Use your words and ask the person who attracted you!

There is a difference between an excuse and a problem. Excuse: I won't date her because she slept with me on the first date. She must do that with other guys. Problem: she slept with me and the next night my best friend told me she slept with her, and the night after that my brother told me he slept with her.

Setups are not bad – friends and family are your own personal representatives who work for free (usually). If the fixer-upper becomes too involved, be honest and say they are in your space. Make sure they aren't into you before asking them to set you up.

If your childhood hero, Oprah, Gandhi, Neil Patrick Harris, etc. asked to have dinner with you, you would make time. Reason #16 is totally bogus, according to Cohen. You may be on the basketball team, in the choir, on student council, working part-time, and have a 4.0 average, but if you really want to find love, it is not worth what little time you do have to yourself to invest in your own love life? If he or she is the right one, you don't want to look back at your years here with regret.

Step Four: Take the Risk

At this point in the book, Cohen cues the slow-mo training montage set to your pump-up song, i.e. Chariots of Fire, Eye of the Tiger, Barbie Girl. Here is the breakdown for putting your training into action:

- Define your role
- Define the risk
- Have no regrets

Cohen warns that if the risk makes you afraid, you are probably not ready to take it. Go talk to people about why you couldn't, and then repeat Step 2.

Different types of risk: online, blind, with a friend, on the job, at school, while commuting, at a bar, at a party, with a neighbour, on vacation, religiously "single and spiritual", in a group, adventurously, voluntarily, randomly, say hello to strangers, etc. Remember – no regrets!

Interesting statistics of how spouses meet: online – 17%, were set-up 27%, at work or school – 38%, at church – 4%, in bars – 8%, other – 6%. Don't worry, I added it up to 100%.

Step Five: Celebrate, Reflect and Repeat

After taking a risk, you celebrate no matter the outcome. Rejected or accepted, you did it! If you do get rejected, find people to help you reflect without becoming a hater or a hider – respect each other's choices. It may have ended because of you, him or her, or the circumstances. Take time to recuperate, even if it does go well. Remember, there are still thousands more people waiting to meet you.

At the very end of the book, Cohen outlines how his system came to be, and how you can do the same. Instead of trying to convince someone to love you, or find an elusive girl who left you a perfumed pink rose, talk to someone who is interested and nearby. Make the best choice, and never think someone is your only choice.

Harlan Cohen's 10 Getting Naked Experiment Tips

- Be patient
- Start with small risks, then work your way up
- Observe others taking risks
- Talk to people who have found love
- Avoid people who discourage you
- Take breaks
- Train in a group
- Think of this as an experiment
- Try different risks with different people in different situations

From the New York Times Bestselling Author of
THE NAKED ROOMMATE



Getting Naked

FIVE STEPS TO FINDING THE LOVE OF YOUR LIFE
(While Fully Clothed & Totally Sober)

HARLAN COHEN

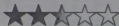
- Never stop – this can apply to more than love.

Although repetitive, I was able to get through Cohen's *Getting Naked*. It was difficult for me to be completely open-minded because I am confident and in a healthy and happy relationship. Although it is true that I struggle with what people think of me, it is something I can channel into productivity. Everyone must care what others think on some level; otherwise we won't get jobs, attract others, or have healthy relationships. Step 2 would have been better if he said to place a higher value on what you think of yourself rather than what others think.

I disagreed with his advice to change what you don't love, because it is too simplistic and can be taken the wrong way. He does address elective surgery, but at a different point in the book.

Overall his message is quite good for those who are looking for it. His language is simplistic, which makes it easy to read, but underestimates the reader. His tone and style are conversational like any other self-help book. It was weird that he referred to God or gods as G-d. If we are adult enough to talk about sex, penises, boobs, and thongs, you'd think we'd be adult enough to accept the use of the word God without construing it poorly. Cohen occasionally had clever turns of phrase, i.e. having someone to both complement and compliment you. His cut and dry style worked occasionally, as in the case of those who stay in bad relationships. It did not work for body image.

I give this book a 2.5/5 for its good message, but mediocre delivery.



Alive with Vikings Pride

Kelly Milne DAG EDITOR

The Augustana Vikings' opening home game against the North Campus Golden Bears arena on September 4 had a fantastic turnout.

Coach Blaine Gusdal started the game with a presentation to former captain Torrie Dyck, reminding fans about the championship win last year.

It was evident that fans were excited about the new season, as the Encana stands were full of red and black. Cheers of "Let's go Vikings" rose up from across the arena.

The first period was tense, finishing with the Golden Bears ahead 2-1.

The second period shook up our Vikings as the Bears pulled further ahead, but

the third period really captured the fans' attention.

One section was on their feet leading the support, but the Golden Bears unfortunately swept in with a final 6-1 score.

One fan in particular enjoyed the friendly exhibition match. Peter Franchuk suggested a similar game, but between Augustana students and Vikings players. "It could be fun for people who were too scared to try out, or who miss playing," Franchuk stated. He suggested a no-contact game at the end of the season so as to avoid injuries. If interested, send the Dag an email with your name and thoughts!



Safety Tips and Information

Kelly Milne DAG EDITOR

Below is some information we received from Marcia Peot, a full time police officer and Chief Safety Officer at StreetSafe. StreetSafe is a company based out of Chicago. They have a monthly fee but we received the following advice for free. It should be obvious where I supplemented my own.

1. Let friends or roommates know where you are going, who you are with and when to expect you home. This can be anything from a text, to a note on the fridge, or a smear of blood on the wall. That last one will hopefully make them worry.
2. Never leave outside doors propped open, and don't let strangers into secured buildings or residence halls.
3. A stranger is still a

stranger, even if they are a fellow student. Do not accept a ride or go off somewhere alone with a person you don't know.

4. Do not drink in excess without a buddy you trust. When you do so, your ability to make decisions becomes impaired, making you an easy target. Should you pass out, they will be there to ensure your safety and draw on your face.
5. When approaching your car or residence, have your keys in your hand and check the area for suspicious individuals or activity.
6. When walking by yourself, keep expensive belongings such as laptops hidden. You will be less of a target.
7. The beaten path is the

better path. Do not take short cuts and familiarize yourself with the area before heading out. That being said, find a variety of paths so that your movements are unpredictable.

8. Consider taking extra measures to protect yourself. StreetSafe is a personal mobile security service that combines the GPS technology in your smart phone with a 24-hour state-of-the-art call center.

StreetSafe has two main features: a silent alarm and a unique Walk With Me™ service, which allows users to connect with a live, trained Safety Advisor who will stay on the phone with you until you reach your destination safely.

You may have heard about North Campus' Safe Walk. Although we do not have

a similar program, the university has hired Paladin Security for the same purpose. Call them after hours at 780-563-0067.

Should you ever need security during the day, Sergeant Tony Thomsen is in charge of our campus' division of the University of Alberta Protective Services (UAPS). Here are some of the things they do:

- Complaint response
- Accident response
- Lost & found services
- General patrol
- Alarm response
- Special duty services
- Information and advice on safety, security, and crime prevention
- Traffic safety enforcement
- Public education services

Also remember to subscribe via Beartracks to the

alert system.

I recommend you save yourself the money, and call a friend instead of StreetSafe. If you need to travel by yourself and feel unsafe, the person on the other end will know immediately should something go wrong. If you're friends call you paranoid, ask them if they're willing to take responsibility if you go missing.

Remember, it is better to be cautious than to be proud.



ReStore

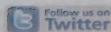
Back to School Sale – Hurry! Sale Ends September 30, 2012

10% off with your student ID - Save on furniture, appliances, and more while supporting affordable housing for low-income families in Camrose and Honduras.

Only a few blocks from campus: 5007 – 46 St Camrose

Open Tuesday – Saturday, 10 am – 5 pm

Check out our website at www.habitatcamrose.com



@HabitatCamrose



www.facebook.com/HabitatCamrose

CD Review: Jasmine Whenham *Bandaids*

Robyn Sheremeta DAG EDITOR

According to Jasmine Whenham, music was her first true love, likened to that of two lifelong friends who waited years too long to become intimate with each other. After graduating from college and making many fruitless attempts at finding meaningful, fulfilling jobs, Whenham took a leap of faith and pursued the dream that always lingered in the back of her mind.

Bandaids is Whenham's second full-length studio album, released in February 2012, and is an earnest and raw follow up to her 2006 debut, *1:37 am*. *Bandaids* is a soulful mix of folk and blues-tinged melodies produced collaboratively by Whenham and mentor Lin Elder. See below for detailed track reviews.

"Let Him Fly"- Whenham sings a wistful send off to a man (presumably one whom she previously loved), after realizing that things just won't work between them. "Let Him Fly" opens with a twangy, relaxed melody that harkens visions of a Midwest country sunset. Imagine a slow, steady pace and Whenham's soulful vocals, occasionally coupled with soft female harmonies in thirds; a non-threatening and inviting way to draw in listeners.

"Faith"- "Well I guess it would be nice, if I could touch your body, I know not everybody has a body like you" is the opening line to "Faith", Whenham's song about resisting temptation and having (you guessed it!) faith in her character. "Faith" is equally as mellow as "Let Him Fly", but rather than acoustic guitars, the dominant thum of the bass line propels the track.

"Little White Lie"- Finally, the album begins to build up momentum as Whenham breaks into an edgy, more powerful style, a la Alanis Morissette. Actually, "Little White Lie" is scarier reminiscent of Morissette's "Jagged Little Pill" in both title and style. Think edgy, like Alanis, and tedious, a la Ani DiFranco, as Whenham battles with her little white lies.

"Right After My Heart"- Another change of pace, and "Right After My Heart" is back to Whenham's signature slightly folksy, relaxed groove. Although not overly outstanding, "Right After My Heart" is one of those songs that would be appropriate to listen to on a lazy Sunday morning while reading the paper, drinking your coffee, and admiring the sunlight streaming through the kitchen windows. In essence: don't worry, be happy, because Jasmine Whenham has a nice balance of crooning vocals and unobtrusive electric guitar to let you chill in peace.

"Dear Jim"- The title track five brings to mind Taylor Swift's "Dear John". Is the listener to be subjected to yet another sassy female breakup anthem? Absolutely not. "Dear Jim" is a tastefully orchestrated eulogy to a friend or family member who has since passed, highlighted by a cello and the occasional plink of a guitar pick sliding across the strings. "Dear Jim, I think you'd be proud of the way we're carrying your name . . . and wherever you are now, you're not hurting anymore" signifies happy memories of a loved one.



"God Only Knows"- Whenham's voice is soft and sweet as honey, and takes on almost a lullaby or storytelling quality as she sings "God only knows what I'd be without you." If you liked "Right After My Heart" or "Dear Jim", you'll appreciate this wistful ballad for its earnest, heartfelt lyrics and equally stirring muted trombone solo.

"Bandaids"- Ah, the title track; the inspiration for the entire concept of the album, as it is in Whenham's case. "Bandaids" shifts back into Alanis-mode with more powerful, soaring cries of "fix me, fix me!" and escalating tension right up until the very end of the song as she attempts to communicate how she must hold herself together with bandaids. The title track is arguably the most sincere,

and also easily relatable.

"Old Souls"- The penultimate track is mournful, but beautifully so with the inclusion of an electric organ realizing the bass line. Whenham's voice changes from defiant (in "Bandaids" and "Little White Pill") to wavering and full of desire. "Old Souls" showcases Whenham's impressive lower range, as well as her ability to write simple, meaningful lyrics that "match" the instrumentation.

"A Love Song"- Yet another parallel to a contemporary pop song! Whenham states "I don't want to write you a love song . . ." (Sara Bareilles, anyone?) . . . Like we've all heard before. (oh, the irony) While the accordion in the background takes the listener all the way to the patio of a Parisian restaur-

ant at dusk, Whenham employs the tried and true strum of her acoustic guitar to make the song seem more down to earth and frank. She's writing a love song, but can't help but note how cliché she's being in the process. Her mere honesty is what makes "A Love Song" so charming.

Bandaids is a decent album of the singer/songwriter genre, which is a genre something I'd normally listen to. I appreciate her lyrics, as well as the use of different instruments, like trombone, organ, accordion and cello. What human can resist a cello? Overall, this album is good for background music. I give Jasmine Whenham 3/5 stars, because she has a smooth, warm and welcoming voice, but it is not distinct enough to separate her from other artists.



Introducing #LetItOut!

Have you heard of *The Gateway's* #3LinesFree?

Well this is the Augustana version!

If there is something you need to get off your chest, mundane or brilliant, send us 140 characters or less via tweet, email or Facebook message :

@DaglightaleNews asadag@ualberta.ca The Daglightale, Augustana Student Newspaper

The Daglightale reserves the right to refuse to publish any submissions we deem hateful in nature.

Examples from our sister paper:

"Facebook profile picture:

Hot red lipstick, purple dress, You're adorable."

"Hey Girl In Cameron: If you have a conversation in the bathroom, we can hear you on the whole floor!"

"balls balls balls balls balls balls"

Ireland 2012: The accents are good but the Guinness is better Emily Merklinger SUBMISSION

My Euro Summer

Experience! (Es war echt toll!)

Laura Friesen SUBMISSION

In May, I embarked on an epic adventure across the vast Atlantic Ocean. With me were seven other students—history nerds—and one professor, Rani Palo. We were off to explore the green pastures and medieval monasteries of Ireland; listen to sexy Irish and English accents coming from the mouths of gingers; and indulge in a bit of Irish political history. That's exactly what we did but with a lot of Guinness and a lil' bit of Bushmills whisky thrown into the mix.

Our journey started off in Manchester, England before continuing to Liverpool, Belfast, Derry, Dublin, and several small towns in rural Ireland. For me, this trip around the small island embodied everything my childhood and teenage self dreamed of: that English and Irish accent, the lush countryside, ecclesiastical history. After years of dreaming about the United Kingdom and the Republic of Ireland, I was overjoyed to finally be among the home countries of my favourite music, my favourite television, and my favourite literature.

Here are several reasons why you should travel to the U.K. and Ireland; perhaps, you, too, will go on a similar, epic venture with Professor Palo.

Pubs: Nothing beats a British or Irish pub. Nothing. These people know how to drink (and they will always one-up you with both wit and alcohol tolerance). In Liverpool, in a typical English pub, we were asked whether or not we were going out that night. We said no, we had just arrived in England and needed to sleep. Our cab driver's response was that "your liver can rot when it's rotten, and you can sleep when you're dead." We asked what a good pub in Liverpool is. He pointed at every single one we passed. It may be a stereotype, but the Irish and English indeed do know how to drink, smoke, and swear.

They also know how to cook well. The best food I had was not at a pub, but at a fancy restaurant in Glendalough, although it is available at most pubs in Ireland: banoffee pie. Banoffee pie is a scrumptious mix of bananas, toffee, and cream (and Jamie Oliver has a recipe for it!).

Then there is the pub (and club) music. It ranges from traditional to '80s pop music. I recommend trying a little of both. In Killarney, we sampled a bit of traditional Irish music whilst savouring Jameson's whisky. In Dublin, a few of us danced to ABBA at a popular club.

I recommend both the small pubs and Dublin's Tem-

ple Bar district, a lot of Guinness and Jameson's, and banoffee pie. You haven't had good Guinness until you've had it in Dublin, and you haven't been to an Irish pub until you're at an Irish pub (O'Shea's does not count).

The history: cultural, political, and ecclesiastical: could talk about this for days (or hours). First, the cultural: How can one resist landing at an airport in the same city that Joy Division and the Smiths were conceived in? Both Brit-pop musician, Danny Johns (McFly), and the Buzzcocks are from Bolton, a suburb of Manchester. Then there's Liverpool for you Beatles fans. Or, Ireland's literary scene: Yeats, Swift, Goldsmith, Stoker, Burke, Wilde, Beckett, Joyce, Trevor, and so on. If you go to Trinity College, you'll get to experience the place where many Irish philosophers and writers were educated. You also get to say "hija" to statues of Edmund Burke and Oliver Goldsmith. Or head to the literary museum and, for example, gawk at a first edition of *Dracula* (1897). Goldsmith's "The Deserted Village" from 1859, and everything Oscar Wilde.

Or there are the places where all three portions of history merge: the Long Room at Trinity College and Christ Church. At Trinity, the main attraction is the Book of Kells (around 800 CE). But I recommend doing what I did: scouring the bookshelves for the oldest copy of the King James Bible, attempting to read Aristotle in Latin (from the display case), and being eyed up by the security guards. Fun, right? At Christ Church, the biblical and ecclesiastical history continued with copies of the Latin Vulgate, statues of Charles I and Charles II, and costumes from Michael Hirst's popular historical drama, *The Tudors*. Parts of *The Tudors* were filmed at Christ Church—walking where Jonathan Rhys Meyers and Natalie Dormer walked is the closest I have yet to come to Henry VIII and Anne Boleyn.

Then there's the Titanic museum in Belfast, which is perfect for anybody with an interest in the tragic and romanticized history of the Titanic. Or, it might be a bit of a bore for those who thought James Cameron's film was horrid and simply cannot get over that blasted Celine Dion song.

Finally, I recommend taking a stop at Kilmainham Gaol (either by way of ghost tour or regular tour). Kilmainham is an important jail in terms of prison reform and political prisoners. Indeed, the leaders

of the Easter Rising were executed at Kilmainham in May 1916. On the television show *The Tudors*, Anne Boleyn's execution was filmed at Kilmainham.

Adventure: In the Irish countryside, Rani's main goal shifted from Irish political history to straight-up adventure, ranging from driving the terrifying single-lane roads, to climbing the second highest mountain, to travelling by tiny boat over rocky sea to Skellig Michael and the Great Blasket Island.

Skellig Michael, which is basically a rock in the middle of the ocean and was an old monastery in the early middle ages, led to a bout of seasickness for most. For me, it led to reverse seasickness and I, and one other student, spent the entire time chatting to our sea captain about Canada, Americans and the English, and drinking. But, from the pictures, it looks like the top of Skellig Michael was worth the nausea, fear of death, and slippery steps it contains.

Two of our adventures in rural Ireland were wicked, and less risky in terms of the death and nausea factor: horseback riding and the Great Blasket Island. A few of us decided to go horseback riding on a beach in county Kerry; this is something that should be on everybody's bucket list. There's nothing like sitting in an English saddle, plodding along, whilst gazing across the ocean in one direction and a grassy mountain in the other.

The voyage to the Great Blasket Island was not as tumultuous as the voyage to Skellig Michael. None of us fell sick from the sea. The island, a major site of maintaining the Irish language and literary/oral tradition, was depopulated in 1953. It's a small, steep island that contains well-preserved houses and a lot of sheep. On the way back from the island, we floated across part of the wreckage from the Spanish Armada in 1588!

The adventure factor (and risk of death?) in Ireland is high, but the history and scenery is worth every adventure. Gallop in the ocean (by foot or hoof), climb a Norman ruin, and back in days past.

The people, landscape, and sheep: Stereotypes are almost correct on this one. The Irish, and English, as a collective appear to be heavy drinkers and frequent smokers. They do swear. They appreciate a good laugh. And, simply put, they have the best slang accompanied by the best accent. It just doesn't sound as fantastic in a Canadian accent, to say something like: "S/he's

a fitty"; "S/he's fetching"; or "you should put that in the boot!" Trust me, it actually sounds a wee bit ridiculous. Along with the accent, the Irish and English are also exceptionally pleasant people. Once it is established that you are not American, they warm up and engage in conversations about their IRA past (in Ulster), or about their acting careers, or how the Irish don't like when the English win in football. The few people I met in Ireland were some of the loveliest and most fun people I have ever met.

I can't begin to even describe the landscape. You'll have to see it for yourself. Imagine medieval castles and seventeenth century distilleries lining the misty, morning countryside. Then imagine sheep, and not ordinary sheep. These sheep are puffy and they are everywhere, from mountains to castles. Half our trip was spent plotting how to steal a sheep: brief attempts were made with mashed potatoes and intricate plans were formed involving the use of ladders and nets.

Dublin: I fell head over heels in love with Dublin. Dublin is the first city I fell in love with, and the only large city I would ever live in. I can't even pinpoint what is so appealing about Dublin. Is it the history, the Guinness brewery, the world's best Guinness at Kavanagh's pub, the Gravedigger's ghost tour, Temple Bar, Grafton Street, Trinity College, the atmosphere...? There's so much to say about Dublin, and yet there's nothing to say about it at all. Dublin is purely magic.

If you're ever in Dublin, there are a few things you have to do: walk down O'Connell street and send a postcard to yourself from the post office where the Easter Rising started; go on the Gravedigger's ghost tour and say "hija" to our Irish friends, Shane and Dan; visit Trinity and decide to enrol there; shop at Topshop and A Wear on Grafton Street; go to Temple Bar (the bar and district); and, visit the socialist bookstore across from Trinity, or attend an anarchist book fair. Better yet, just walk the streets and fall in love as I did.

That is how I spent three weeks of my summer—touring the U.K. and Ireland, tasting whisky and Guinness, meeting new friends, falling in love with cities, engaging with history, and plotting to steal me a sheep or two. It was an experience everyone should have. Have I convinced you to make the same epic venture yet?

My name is Laura and I am currently in my third year of University. What did I do this summer? Allow me to take a moment to tell you! When I was first asked to write about my summer experiences abroad I wasn't sure how I was supposed to summarize it in an interesting way. With that being said, I will do my best to show what Augustana did for me, and try not to bore you in the process, because it really was quite amazing!

I went to Europe for two months and received six credits towards my degree! I spent six and a half weeks in Germany in an intensive German course and two weeks backpacking in England. The Canadian Summer School in Germany (CSSG) Program allowed me to live with a German host family, go to school, and it also allowed for quite a bit of free time and weekend trips to other German towns and cities. I can also assure you that we used a lot of the free time to study and complete projects, but believe me, all of the studying was worth it! The intensive immersion program was instructed in German and we signed a language waiver before we left, promising to speak only German throughout the program. This proved to be fairly frustrating at times but it really sped up the language learning process, so much that in the first week I saw drastic improvements in my own German skills.

I saw and experienced Berlin, Rothenberg ober Tauber, Hann. Münden, Frankfurt, and so many more places! My host family spoke very little English so my German skills kept improving out of the classroom. I lived with a lovely couple who took the time to teach another student and me about German culture and also about the language itself. The other student that I lived with also became a great friend (which proved to be another bonus of the program!) The city that we lived in was Kassel, and it did not take me long to find a favorite coffee shop! During the time that I spent in Kassel, I got to experience Stadtfest (the city festival), and also the Dokumenta, which only comes every four or five years and is a huge art exhibition that runs for a hundred days.

I would honestly recommend the CSSG program to anyone! All are credits in first year German and you can then apply to go on this amazing adventure! I took my third year of university German in Kassel and

...continued page 7

continued from page 6...

I plan to return there this coming spring to complete my minor in German. You can find all of the information about the program and how to apply on the Augustana website. Not to make this sound like an advertising campaign, but it truly is a wonderful opportunity.

In regards to the specifics of the course, students were responsible to get themselves to the Frankfurt airport on the specified date and time. Before we travelled to Kassel to begin classes, we went to Hann. Münden for a weekend of orientation and meeting and greeting. Although I had met most of the students that came from Augustana, I was able to make a lot of friends from all over Canada; quite literally from coast to coast. I had so many new experiences! These ranged from a surprise encounter with monks (I guess I should have expected something when I was asked to ring the bell to the ancient monastery...) to getting comfortable with the transportation system in Kassel. I ate new foods, learned how to successfully order at restaurants and cafes, shop, study, travel, and so much more... all in German!

Going to Germany two years in a row will allow me to have a decreased course load at Augustana and finish my major, double minor, and planned imbedded certificate, all in four years! If you have any questions about this program I will be around campus, either busy with the Augustana German Club, at the language lab, or busy with classes and studying... as I well should be! Have an amazing new year of university—auf Wiedersehen!

From Italy, With Love Dora-Kim Benoit-Gagnon SUBMISSION

This past spring I set off to Cortona, Italy for a month to study the origin and mythology of the Mediterranean diet. I can now proudly say that I am part of the special group of U of A students who have travelled abroad to study. When I received a mass sent email from the University of Alberta advertising a one month, three credit class for either art history or the Mediterranean diet, I knew it would be amazing and that I needed to apply right away. I was accepted, got the proper loans (including some financial help from the ASA), and before I knew it, I was on a plane to Italy, sitting next to a pair of friendly travellers.

I had never met any of the 43 other students going on the trip before I left for Italy, and had also never flown over a large body of water before. The couple I sat next to, Jeremy and Danika, helped calm my nerves and told me some stories about their previous expeditions to Europe; this particular trip was to celebrate their anniversary. We drank our fair share of wine since they were giving away small bottles for free. After all, who says no to free wine? So far, the trip was going splendidly. The craziness really began after I landed and lost sight of my travelling companions.

Naturally, most of the signage in Italy is in Italian, which made things difficult, considering my lack of knowledge of the language. I found that I could pick out familiar words easier than I thought though, thanks to the fact that I grew up in a bilingual family.

Many French words are similar to Italian ones, so I had an easy time deciphering signs. The arrangements made through the school were to navigate through the airport towards the subway and take a train to the main terminal in Rome called Termini. Once we arrived at Termini, we were to find the bus that would drive us the two and some hours to Cortona. We were given information packets with step by step instructions, emergency numbers and basic Italian phrases to help us get there. Unfortunately, by the time my plane landed I only had about an hour to get from one side of the city to another, which proved to be not nearly enough time.

I found the subway after only having to ask about six people, and got kicked off on the way because apparently, I bought the wrong kind of ticket.

After purchasing the right ticket I got on the next subway, which arrived half an hour after the first. The train ride was another half hour and I found myself running through Termini trying frantically to find an entrance with a bus. Twenty minutes had passed and I was starting to get nervous. Sadly, Romans are not exactly the friendliest people to foreigners who don't speak Italian, which makes sense, since many Canadians aren't very nice to people who don't speak English.

I was feeling defeated and sweaty when an older Italian man came up to me and told me kindly that I looked lost, and asked if I was an American. I responded, saying that I was Canadian and he apologized, looking very worried that he had offended me for making such an assumption. I showed him my packet and told him I missed my bus and need to take a train to Camucia where I would be able to take a bus to Cortona. He helped me buy a ticket, wrote down some instructions in the best English he could and sent me off with the classic Hollywood "Ciao, bella".

By the time I sat on the train and figured out the time change I realized the last time I slept was over twenty four hours ago and immediately passed out on the train. I woke up sometime later, worried that I had missed my stop, but thankfully hadn't. At Camucia I got off the

train with a little difficulty. The steps are about two feet off the ground and my suitcase was very heavy. I found the bus stop and couldn't buy a ticket because it was "siesta": a time of rest between one and three in the afternoon when Italians go home to eat and sleep before they go back to work for the afternoon. Instead, I sat at the stop trying to figure out if I could just walk up the hill.

A nice lady came up to me and said something in Italian that I did not understand, so I said, "Ciao, il mio nome e Dora, io sono di Canada, parli inglese?" She was more than happy to speak in English for me and assured me that the bus driver would let me buy a ticket from him so I could go to Cortona.

We boarded, drove twenty minutes up the steep hill and I was finally in Cortona...when I realized that I didn't have the address for the hostel, and the emergency number I was given wasn't working. The lady took me to a kind of convenience store called a "tabacchi" and spoke to the handsome man there about my situation. He pointed me towards the right way and said there would be a sign on the door. I thanked them both and started marching up the very, very steep cobblestone road, luggage in tow.

It was the middle of the afternoon and the sun was beating down so hard I thought I might pass out. Finally, I saw the turnoff he described and found the hostel I ran up to the door and rang the doorbell; no answer. I tried the door, but it was locked. I sat on my suitcase on the side of the road for about fifteen minutes when I heard a distant gaggle of girls giggling loudly. As they got closer I realized they were all speaking English and that they must be the group that I was supposed to join on the bus. The man (who turned out to be our "babysitter", Mike) walking in front saw me and asked if I was Dora. I said that I was and he sighed with relief and told me he was worried I got lost, but nonetheless was glad to see I managed to get there before the bus did.

It was a bumpy start to the trip but being able to navigate my way through Italy with the help of friendly locals and only a bit of Italian gave me a lot of confidence. The experience from my first day supported me through crazy nights in Florence, dealing with eager local men who couldn't speak English and were reciting song lyrics to us, and especially when we lost one of our girls in the counterfeiter market

for five hours.

The rest of the trip was really fantastic. The professor, Dean Spaner, was wonderful and funny. My roommates were fun, supportive and understanding when I was feeling homesick (which never lasted long). Our tour guide for field trips, Giovanni, was amazing and very knowledgeable. We went on many amazing field trips to vineyards and goat farms and wineries, and we saw a fruit farm that specialized in growing fruit that was on the verge of extinction. Some other highlights included going to the "best gelato parlor in Italy", going truffle hunting and enjoying five course meals consisting of traditional Italian cuisine. We saw organic farms that raised goats and peacocks and special herbs and visited museums showcasing hundred year old pottery. We learned how to make pork sausage, tossed pizza dough, made traditional Tuscan bread, and went to many wine tastings where we learned why grapes are grown the way they are. I ate the best pasta and pizza I've ever had in my life and the tiramisù was mouth watering. And have I mentioned the cappuccinos? Oh god, the cappuccinos... We bought fresh fruit that had been picked the same day and made natural cough syrup. We got to go to Giovanni's donkey farm and ate more bruschetta than I can even remember. I made friends that I will keep in touch with for years and hopefully one day I can go back and with them to visit the kind faces that welcomed us into the hostel in Cortona.

I thought that staying in Cortona was the perfect way to experience Italy because I got to see small towns that are still rooted in quintessential Italian traditions. The big cities and sights were beautiful as well, and it was amazing to see the Coliseum and Trevi fountain in Rome, the Duomo in Florence, the leaning tower of Pisa and cellars that are hundreds and hundreds of years old; however, those sites have been so commercialized that as a tourist you feel like the whole time you're in the area, you're there to buy things and spend all your money. I feel like I was able to see a side of Italy many people don't get to see, and I am so grateful to my parents for encouraging me to go on the trip, to the government for funding me and the ASA for giving me a grant. I will remember this experience forever and recommend that everyone sign up for it next year. L'Italia e molto bello! Arrivederci!



SEPTEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 2 Move-in to Residences	3	4 New Student Conference	5 Dagligtale Submission deadline Registration First Year Bowling	6	7 First Class Bash Campus Fair	8
9	10 Worship Service First Year Department Meetings Human Foosball Campfire in the Quad	11 Soup Supper Bigger and Better	12 Worship Service International Student Orientation ASA Nomination Deadline Mission Impossible Milton Schlosser Mini-Recital	13 Band Course Meeting Conservatory Meeting Community BBQ	14 Worship Service Dag Writer/Poll Clerk Applications Due Milton Schlosser Mini-Recital	15 Learning Strategies Workshop
16 Battle River Basketball Club	17 Worship Service Club Fair Candidates Forum Human Library	18 Soup Supper Health and Dental Opt-Out Deadline Add/Drop Courses Deadline Human Library	19 Worship Service ASA Voting	20 ASA Voting	21 Worship Service Single Parent Bursary Application Due	22 Lederskap
23 Battle River Basketball Club	24 Worship Service How-To Poster Session for Students	25 Soup Supper	26 Worship Service ASA Council Meeting	27	28 Worship Service Club Applications Due	29 Pro Coro Concert
30 Battle River Basketball Club	October 1 Worship Service Dagligtale Submission deadline	2 Soup Supper	3 Worship Service	4	5 Worship Service	6

**FRIDAYS Come Join
Us On The Patio**

**\$2.00 OFF
Burgers**



O'Shea's Eatery & Ale House
4706 - 73 St., Camrose
(780) 679-0223